A Pre Experimental Study To Assess The Coping Strategy Related To Stress Among Middle Age People (45-65 Years Of Age) In A View Of Providing Dance In Selected Old Age Home Dehradun, UK

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Abstract- **Background:** Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.

Coping refers to conscious strategies used to reduce unpleasant emotions. Coping strategies can be cognitions or behaviors and can be individual or social. Coping is to deal with and overcome struggles and difficulties in life.It is a way for us to maintain our mental and emotional wellbeing.Everybody has a way of handling the hard events that occur in our life and that is what it means to cope. Coping can be healthy and productive, or destructive and unhealthy for you or others. It is recommended that an individual copes in ways that will be beneficial and healthy. "Managing your stress well can help you feel better physically and psychologically and it can impact your ability to perform your best."

Objectives:
1. To assess the coping strategies among middle age people residing in old age home.
2. To assess the effectiveness of dance.
3. To find out the association between post test score with selected socio-demographic variables.

Material and Methods: A quantitative research approach was used. The research design was pre-experimental(one group pretest post test). The study was conducted in Prem Dham oldage home Dehradun.Data collection was done using probability random sampling technique and sample size was 60 middle age people.The data was collected to assess the copying strategy related to stress in a view of providing them dance therapy by using standardized tool.

Results: According to their age depicts majority of stress is 40%(24) in the age group of 56-60 years and minority of stress is 5% (03) in the age group of 45-50 years.Highly distribution in percentage of middle age people in gender depicted is 100% (60) were females and lower is 00% (00) were males.Majority distribution according to their religion is 30%(18) were sikh and minority of stress is 11.6%(07) were Christian.According to their education majority of stress is 50%(30) among illiterate and minority of stress is 1.6(%1) among primary school.Majority distribution according to their no of children is 46.6%(28) having 2 Childrens and minority of stress is 5%(3) among people having 1 child.Majority distribution according to their marital status is 78.3%(47) were married and minority is 1.6(01) were widowed.Highly distribution in percentage of their previous occupation is 51.6%(31) were others and lower is 5%(03) who were in government job .Majority distribution according to the feelings they mostly shared with is 55%(33) was warden and minority is 00% (00) was all of the above.The mean posttest stress score of middle age people was significantly lower than the mean pre-test stress score.

The calculated "t" value is 44.76 was more than the table value at 0.05 level of significance. There is no significance association between pretest with their demographic variables such as age, gender, religion, education, no of children, marital status, previous knowledge and mostly share feelings with related to stress among middle age people at significance level 0.05.

Conclusion: The study concludes that the coping strategy regarding stress among middle age people was found 93.3% low stress. This means that the dance therapy was effected in coping with stress among middle age people residing in old age home.

I. INTRODUCTION

R*espect old age, it is your future"*
Life can take many unexpected turns. From experiencing the death of a loved one, to feeling burnt out in your career, to getting a divorce from someone you once thought you'd spend the rest of your life with. These life-altering events can cause immense pain and confusion, leaving many to wonder. The body may slow down and the middle aged might become more sensitive to diet, substance abuse, stress and rest. Chronic health problems can become issues along with disability or disease. Emotional responses and retrospection vary from person to person; for example, senses of mortality, sadness or loss are common emotions at this age. Middle-aged adults may begin to show visible signs of aging. Mortality rates can begin to increase from 50 onward, due mainly to health issues like heart problems, cancer, hypertension, and diabetes. Still, the majority of middle-aged people in industrialized nations can expect to live into old age.

"It's not stress that kills us; it is our reaction to it"

Due to health problems middle age people can experience stress in their lives. Stress affects both the brain and body. Little stress is good for people to perform and protect themselves but too much stress can overwhelm them leading to fight and flight response. So, learning how to cope with stress is important for our mental and physical wellbeing. Stress is a process whereby an individual perceives and responds to events threatening to oneself. While there are circumstances in which stress can be good, whereas stress can also have some serious negative consequences on our body. Stressors can be chronic or acute and can include traumatic events, daily hassles, and situations in which individual are mostly exposed to challenging and unpleasant events. Many potential stressors also include daily hassles, which are minor irritations that can build up over time. People suffering from stress or any severe health related issues may be sent to the old age home by their children, which causes even more stress to the middle age people.

"Give your body a little love, it deserves it"

Here are many ways to relieve from stress like- Get more physical activity, follow health diet, minimize phone use, Practice self-care, reduce caffeine intake, spend time with friends and Create boundaries and learn to say NO etc.
 Under Physical activity, Dance therapy or DMT, usually referred to simply as movement therapy, is a type of therapy that involves various movements to help individuals achieve emotional, cognitive, physical, and social integration. It is beneficial for both physical and mental health, dance therapy can be used for stress reduction, disease prevention, and mood management. In addition, its physical component shows increased muscular strength, coordination, mobility, and decreased muscular tension. This therapy can be performed by all the populations and individuals, couples, families, or groups. In general, dance therapy promotes self-awareness, self-esteem, and gives chance to expands/express our feelings.
According to the statement, researcher has selected the middle age people to cope up with stress by providing them Dance therapy.

II. MATERIAL AND METHODS

A Pre Experimental, Simple Random Sampling technique was used to collect data from 60 middle age people residing in prem dham old age home, Dehradun. The inclusive criteria for the study was The Middle age people between the age group of 45 to 65 years old, The Middle age people with stress and the Middle age people who are unable to cope up with stress & live in old age home. The exclusive criteria was The middle age people who are not having stress, The Middle age people who are not willing to participate in the study and the Middle age people who are having joint pain.The standardized tool (**PSS that is, Percieved Stress Scale by Cohen et al.**)was used to assess the coping strategy with stress among middle age people and dance therapy in coping with stress.Pre test was conducted by providing them standardized questionnaire tool.Followed by dance therapy to the middle age people.the post test was conducted with the same standardized questionnaire tool and data collection process was terminated by thanking the subject for their cooperation.Data analysis was done manually with both descriptive and inferential statistics.

III. INSTRUMENT / TOOL:

The tool consist of Section A and Section B.Section A consist of Demographic data such as **age, gender, religion, education, no. of children, marital status, previous occupation, mostly share feelings with regarding stress.**Section B consist of standardized tool having 10 question.

IV. STATISTICAL ANALYSIS:

Frequency and percentage distribution were used to analyze the demographic variables and the mean and standard deviation was calculated. t test was done for the comparison of pre test and post test values**The analyzed data were organized according to the objectives and presented under the following sections**:

SECTION I: frequency and percentage distribution of respondents according to demographic variables.
SECTION II: frequency and percentage distribution of pre-test and post-test satisfaction level.
SECTION III: mean,standard deviation and paired t test value of pre-test and post-test satisfaction level.
SECTION IV: association between pre-test levels of stress with their demographic variables.

Section I: frequency and percentage distribution of respondents according to their demographic variables.
Table 1: frequency and percentage distribution of sample is according to their selected demographic variables.   **N=60**

S.NO.	VARIABLES	FREQUENCY (F)	PERCENTAGE %
1	**Age:** 45-50 51-55 56-60 61-65	03 20 24 13	05% 33.3% 40% 21.6%
2	**GENDER:** MALE FEMALE	0 60	00% 100%
3	**RELIGION:** Hindi Muslim Sikh Christian Other	17 09 18 07 09	28.3% 15% 30% 11.6% 15%
4	**EDUCATION:** Primary school High school Intermediate Graduate PG Illiterate	01 04 09 12 04 30	1.6% 6.6% 15% 20% 6.6% 50%

5	NO.OF CHILDREN: 1 2 3 More than 3 No children	3 28 07 10 12	5% 46.6% 11.6% 16.6% 20%
6	Marital status: Married Unmarried Divorced Widowed	47 07 05 01	78.3% 11.6% 8.3% 1.6%
7	Previous Occupation: Government job Private job Business man Others	03 15 11 31	5% 25% 18.3% 51.6%
8	Mostly share feelings with: Friends Family Warden All of the above	02 25 33 00	3.3% 41.6% 55% 00%

SECTION II: frequency and percentage distribution of pre-test and post-test stress level.
Table 2: frequency and percentage distribution coping strategy regarding stress.

N=60

LEVEL OF STRESS

LEVEL OF STRESS	PRE TEST		POST TEST	
LEVEL OF STRESS	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
LOW STRESS(0-13)	00	00%	56	93.3%
MODERATE STRESS(14-26)	51	85%	04	6.6%
HIGH PERCIEVED STRESS(27-40)	09	15%	00	00%

Section III: Mean, Standard deviation and paired t-test value of the pre-test and post-test.
Table 3: Mean, Standard Deviation and Paired "t-test" value of the pre and post test.

<div align="center">N=60</div>

TEST	MEAN	STANDARD DEVIATION	df	t-value	Table value	Level of significance
Pre-test	24.01	2.552	59	44.76	2.02	*significant
Post-test	11.7	1.461				

Note: *Significant at <0.05%
Section IV: Association between pre-test coping strategy regarding stress and their demographic variables.
Table 4: Association between the pre-test score with there demographic variables.

Sno.	Demographic variables	Low stres s	Moderat e stress	High perceive d stress	X2	Table value	df	Level of associatio n
1	**Age** • 45-50 • 51-55 • 56-60 • 61-65	0 0 0 0	3 17 22 10	0 3 2 3	2.103	12.59	6	Not significant
2	**Gender** • Male • female	0 0	0 51	0 9	00	5.99	2	Not significant
3	**Religion** • hindu • muslim • sikh • Christian • Others	0 0 0 0 0	16 7 16 6 6	1 2 2 1 3	4.003	7.82	8	Not significant
4	**Education** • Primary school • high school • intermediate • graduate • PG • illiterate	0 0 0 0 0 0	1 4 9 11 4 22	0 0 0 1 0 8	6.788	18.3	10	Not significant

5	No of children							
	• 1	0	3	0	2.719	15.5	8	Not significant
	• 2	0	25	3				
	• 3	0	5	2				
	• More than 3	0	8	2				
	• No children	0	9	3				
6	Marital status							
	• Married	0	41	6	1.467	12.59	6	Not significant
	• Unmarried	0	5	2				
	• Divorced	0	4	1				
	• widowed	0	1	0				
7	Previous occupation							
	• government	0	3	0	2.673	12.59	6	Not significant
	• private	0	14	1				
	• buiseness	0	8	3				
	• others	0	26	5				
8	Mostly share feeling with							
	• friends	0	3	0	0.907	12.59	6	Not significant
	• family	0	21	3				
	• warden	0	27	6				
	• all of the above	0	0	0				

df : degree of freedom, significant =<0.05%

V.   DISCUSSION :

Objective 1. To assess the copying strategies among middle age people residing in old age home.
In the study (post-test) ,93.3% middle age people have low stress and 6.6% have moderate stress.
(pre-test),85% middle age people have moderate stress and 15% have high perceived stress.

Objective 2. To assess the effectiveness of dance.
In the study (post-test) ,93.3% middle age people have low stress and 6.6% have moderate stress. (pre-test),85% middle age people have moderate stress and 15% have high perceived stress

Objective 3. • To find out the association between pre test score with selected sociodemographic variables.
Analysis of the data shows that there is no association between pre test with their demographic data such as age,gender,religion.education,no of children,marital status,previous occupation,mostly sharing feelings with regarding stress among middle age people at the end significance of 0.05.

VI.   ETHICAL CONSIDERATION:

The study was accepted and recommended by a research committee and formal permission was obtained from the principal of Shri Guru Ram Rai University, College Of Nursing ,Patel Nagar Dehradun. To conduct research study in Prem Dham Old age home ,Dehradun written permission was obtained from the Sister Incharge prior to confidentiality was assured to all the subjects to get their cooperation. Informed consent of each subject was obtained before administering research tools to them and subject were informed that their participation was voluntary and had the freedom to withdraw from the study.

VII.   CONFLICT OF INTEREST:

None declared

VIII.   FINANCIAL SUPPORT:

Nil

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